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Mayr Intestinal Therapy from Europe. The Mayr program, developed by the Austrian physician Dr. Franz Xaver Mayr (1875-1965), is an intensive regime lasting several weeks. It includes therapeutic fasts to rest the digestive tract, and it features a special diet to train proper mastication.

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Complementary Medicine | Health Through Inner Body Cleansing

After discovering that a healthy digestive system was integral to the health of all body systems, Dr. F. X. Mayr developed a specific program for diagnosing and treating a wide range of complaints which have their ultimate origin in the digestive tract. The Mayr program consists of an intensive 3-4 week regimen including therapeutic fasts to rest the digestive tract and detoxify the body, and a special diet to teach proper mastication and minimize the cleansing reaction.

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Dr. Rauch's book Health Through Inner Body Cleansing

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provides specific information and instructive support for each stage of this successful therapy. The Mayr Therapy has the following goals: 1) Detoxification of the whole body;

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Mayr Intestinal Therapy from Europe, 7e (Original Publisher
PDF) August 21, 2018 Alternative & Complementary
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In his book, Health Through Inner Body Cleansing, Dr. Erich

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Rauch, a former pupil of Dr. Mayr's, describes this digestive detoxification therapy as a natural new way to health. Read more Product details

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bloating, clearer skin, shinier hair, clearer thinking, better moods, improved sleep, and weight loss.

Cleansing your body inside and out - April Barr
Spring cleansing means detoxifying your body, says Linda Page, ND, PhD, a naturopathic doctor, lecturer, and author of the book Detoxification. It's a way to recharge, rejuvenate, and renew, says ...

Detox Diets - WebMD: Cleansing the Body
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Mayr Intestinal Therapy from Europe, by Dr Erich Rauch.

Mayr Cure: Gut Cleansing for Weight Loss | Worldhealth.net

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Cleanse Your Body Naturally With Food. A healthy diet is the most important way to detoxify. First, remove foods that interfere with detoxification or make you more toxic. Among them include fructose, which is found in soda (as high-fructose corn syrup or HFCS) but also in fruit juices and commercial juice cleanses.

How to Detox Naturally - 10 Ways to Cleanse Your Body ...
Health Through Inner Body Cleansing: The Famous F. X.
Mayr Intestinal Therapy from Europe by Erich Rauch MD The
author was Dr. F.X. Mayr's personal student and supervised
over 40,000 Mayr cures in his career. By shopping for this or
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Download Health Through Inner Body Cleansing: The Famous F. X. Mayr Intestinal Therapy from Euro PDF HEALTH THROUGH INNER BODY CLEANSING. In 2008, 2009 and 2011, Linda had the privilege to study at the World famous Viva Centre for Modern Mayr Medicine in Austria www.viva-mayr.com under the direction of the Clinical Director, Dr. Harald Stossier. Dr. Stossier has recently been recognised as one of the top 5 Diet Doctors in the World.

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